

BREAKFAST

until 11.30am

SMASHED AVOCADO GFO/ Veg/ VO/ DFO **21.5**
a slice of toasted sourdough, with beetroot
hommus, dukkah, fetta, and balsamic glaze
Try with: Smoked Salmon / Bacon (\$6)

BIG BREAKFAST GFO **29.5**
served on a slice of toasted sourdough with
bacon, beef chipolatas, sauteed mushrooms,
grilled tomato, hash brown, tomato relish and
your choice of eggs (2) scrambled, poached, or
fried

EGGS BENEDICT GFO **24**
on sourdough with hollandaise sauce, two
poached eggs and your choice of:
bacon / smoked salmon / ham

SEA SALT'S VEGO BOWL GF / Veg / VO **26**
zucchini & corn fritters with brown rice,
avocado, sauteed mushrooms, roasted
pumpkin, fresh tomato salsa, mixed leaves,
two poached eggs, fetta, & beetroot hommus

CLASSIC WAFFLES Veg **22**
with fresh strawberries, ice cream, and your
choice of: Nutella / Maple Syrup

CANADIAN WAFFLES **24**
with bacon, fried eggs, hash browns & maple
syrup

GRANOLA BOWL Veg **19.5**
toasted granola, honey, fruit salad & vanilla
yoghurt

MUSHROOM & FETTA ON SOURDOUGH **21.8**
TOAST GFO
with pesto, crispy bacon bits, & 2 poached eggs

ZUCCHINI AND CORN FRITTERS GF / VO **26**
served with bacon / or smoked salmon,
grilled halloumi, smashed avocado, two
poached eggs, tomato relish, and fresh lemon

EGGS ON TOAST GFO / Veg **14.8**
two eggs - poached, scrambled, or fried
with your choice of toasted Turkish, multigrain;
sourdough; or gluten free (extra \$2)

BACON AND EGG ROLL GFO **14.8**
two fried eggs with smokey bacon & BBQ sauce

BIG BREAKY BURGER GFO **21.5**
fried egg, smokey bacon, beef pattie, hash
brown and BBQ sauce

Breakfast SIDES

Eggs your way (2) **6**
Scrambled, Poached or Fried
Bacon; Smoked Salmon; Beef Chipolatas (3) **6**
Halloumi; Smashed Avocado **6**
Hash Browns (2); Sauteed Mushrooms; **5**
Grilled Tomato **5**
SAUCES
Hollandaise **3.5**
Tomato, BBQ, Sweet Chilli, Sriracha Mayo **1**

KIDS

CRUMBED FISH with chips and fruit **15**
GRILLED CHICKEN with chips and fruit **15**
CHICKEN NUGGETS with chips and fruit **15**
SAUSAGES with chips and fruit **15**
Come with a Zooper Dooper for dessert. 
KIDS WAFFLE (1) **15**
with strawberries, ice cream and maple syrup

From the

BAKEHOUSE

FRESHLY BAKED SCONES one **5**
with jam and cream two **9.5**
BANANA BREAD Veg **8**
LOADED BANANA BREAD Veg **12.5**
with fresh strawberries & blueberries, maple
syrup and vanilla yoghurt
CROISSANT
Strawberry jam & butter **8.5**
Cheese **9.5**
Ham and cheese **13**
Ham, cheese, and tomato **14**
TOAST (2 SLICES) GFO/VO **9.5**
Turkish; multigrain; sourdough; or gluten free
(extra \$2). Served with your choice of
strawberry jam; orange marmalade; honey;
peanut butter; or vegemite
RAISIN TOAST (1 SLICE) Veg **4.5**
RAISIN TOAST (2 SLICES) Veg **7.5**

SEA SALT

0421 933 929

GF / GFO Gluten Free / GF Option (Extra \$2.5)
Veg Vegetarian
V / VO Vegan / Vegan Option
DF / DFO Dairy Free / DF Option

Please advise staff of any Allergies
or Diatary Requirements

DRINKS

Cappuccino; Flat White	Sm 5	Lg 6
Latte; Iced Latte	5	6
Long Black; Iced Long Black	5	6
Latte; Matcha; Turmeric	5	6
Chai or Ginger & Spice Chai Latte	5.5	6.5
Mocha; Dirty Chai	5.5	6.5
Espresso or Macchiato	4.5	
Piccolo	4.5	
Hot Chocolate	5	6
Iced - Coffee; Mocha; Chocolate		9

EXTRAS

Milk Bonsoy; Almond; Oat; Lactose free	1
Extra shot, or decaf	0.7
Syrup Vanilla; Caramel; Hazelnut; or Honey	0.8

TEA BY TEA DROP (Loose leaf)

English Breakfast, Earl Grey, Peppermint, Spring Green, Lemongrass and Ginger	5
STICKY CHAI TEA brewed on your choice of milk	6.5

MILKSHAKES

chocolate, caramel, vanilla, strawberry	9
Add malt (\$0.5)	

SMOOTHIES

Banana Buzz - banana, milk, ice cream, honey	11
Mango Magic - mango, milk, ice cream	
Tropical Crush DF - pineapple, mango, apple juice, passionfruit	

JUICE

Orange	6.5
Apple	
Pineapple	

COLD PRESSED JUICE

Gold Digger - carrot, apple, pineapple, ginger	9
Little Green - kale, celery, ginger, apple, & lemon	

SODAS

Coke, Coke No Sugar, Sprite	5
Bundaberg Lemon Lime and Bitters	7
Bundaberg Ginger Beer	7
* SPIDER - Add Ice Cream (\$3.5)	

WATER

San Pellegrino Mineral Water 250ml	4.5
San Pellegrino Mineral Water 750ml	9
Bottled Water 600ml	4.5

KIDS

BABY CHINO with marshmallow	2.5
POPPER (flavours vary)	3
MILKSHAKE	5
chocolate, caramel, vanilla, strawberry	

Loved Sea Salt?

We'd love for you to leave a review...



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LUNCH

11.30am-2pm

FRESH PRAWN ROLL GFO / DFO	19.5
Local fresh prawns, mixed leaves, sliced onion and seafood sauce. * Try with avocado (\$6)	
FRESH PRAWN BRUSCHETTA GFO / DFO	24
on a slice of garlic scented sourdough with tomato, onion, basil, & fetta. Topped with fresh local prawns and balsamic glaze	
SALT AND PEPPER SQUID GFO	28
on our house salad with roasted pumpkin, olives, fetta, & garlic aioli	
CAESAR SALAD GFO / DFO	19.5
cos lettuce, crispy bacon, croutons, poached egg, parmesan cheese and house made Caesar dressing	
SEA SALT'S POKE BOWL GFO	28
with brown rice, avocado, roasted pumpkin, pickled ginger, beetroot hommus, fresh tomato salsa, Asian dressing, & your choice of: Grilled Chicken / Smoked Salmon / or Fresh Prawns	
PRAWN & GINGER DUMPLINGS	(4) 18
with crunchy slaw salad, Nam Phrik dipping sauce, pickled ginger, & fried shallots	
ZUCCHINI & CORN FRITTERS GFO / DF / V	24
on beetroot hommus with avocado, mixed slaw salad, balsamic glaze and halloumi	
BEEF BURGER GFO / DFO	23
with bacon jam, cheese, tomato, onion, pickle, mixed leaves, and burger sauce	
HONEY MUSTARD CHICKEN BURGER	19
GFO/DFO grilled chicken tenders, with lettuce, tomato, onion, tangy honey mustard & garlic aioli	
VEGO BURGER GFO / Veg / VO	18.5
zucchini & corn fritters with smashed avocado, mixed leaves, tomato, onion, tomato relish, & vegan mayo	
BACON AND EGG ROLL GFO	14.8
two fried eggs with bacon and BBQ sauce	
SEA SALT'S TACOS	(2) 21
Your choice of Fresh Prawns / Salt & Pepper Squid / or Crumbed Whiting. With mixed leaves, slaw, tomato salsa, & chipotle mayo	
(3) 29	

Lunch SIDES

Fresh Prawns (5)	10
Grilled Chicken; Bacon; Smoked Salmon	6
Smashed Avocado; Halloumi	6
Large Chips	10
Small Chips	5

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